

Run for the Hills



September 6
10 AM

2010 Run for the Hills 5k

www.marshfieldhills.org



- ✓ Register online at: www.racemenu.com
- ✓ 5k Run/Walk
- ✓ GREAT FAMILY EVENT!
- ✓ Post-Race family oriented festivities
- ✓ Kids Race after the 5k

Time: 10 am, September 6, 2010

Location: The Marshfield Hills General Store, Old Main Street, Marshfield Hills, MA

Distance: 5k/3.1 miles (walkers welcome); Short children's races by age group

Entry Fee: Pre-registration - \$20 + free tee (\$50 max per family – must be pre registered)
Race Day Registration - \$20 (Tee = additional \$10)
Ages <7 or >80 – FREE

Tee-Shirts: Free for pre-registered runners (may not have shirts for race day registrants)

Age Groups: 0-13, 14-19, 20-39, 40-49, 50-59, 60+

Awards: Top three in each age group

Contact: Dave Will for more information – 781 985 9455 willdcoyote@gmail.com

Sponsors: Diageo, Mullen Auto, Roche Bros., Marshfield Hills General Store, Peach New Media, Black Rock Peach's, and more...

Please circle:

Name: _____ Age on Race Day: _____ Male / Female

Mailing Address: _____ Email: _____

City: _____ State: _____ Zip: _____ Phone: _____

Price

Race Registration \$20 (\$50 max per family – must pre-register)

Tee Shirt (please indicate sizes) Free to pre-registered runners (\$8 race day)

Additional donation for MHCA \$ _____

Total amount enclosed \$ _____

In consideration of this application being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the organization or organizations holding this event, its agents, representatives, successors and assigns for any and all injuries suffered at this event or while traveling to or returning therefrom.

Signature: _____ Date: _____

(parent or guardian if under 18)

Please make donations and checks pay able to M.H.C.A. Please enclose registration fee and donations and mail to: M.H.C.A., P. O. Box 264, Marshfield Hills, MA 02051 - **OR REGISTER ONLINE: www.racemenu.com**